

CLAIMS

1. A muscular strength enhancing agent comprising an active component which is a polyphenol derived from a fruit.
2. The muscular strength enhancing agent according to claim 1, wherein the fruits is an apple.
3. A body-fat regulating agent comprising an active component is a polyphenol derived from an apple.
4. The muscular strength enhancing agent or the body-fat regulating agent according to any one of claims 1 to 3, wherein procyanidin is included within the polyphenol in a high content.
5. The muscular strength enhancing agent or the body-fat regulating agent according to any one of claims 1 to 4, wherein the polyphenol contains a monomer polyphenol compound and an oligomer-polymer polyphenol compound in a higher content.
6. The muscular strength enhancing agent or the body-fat regulating agent according to claim 5, wherein the monomer polyphenol compound is selected from caffeic acid derivatives, p-coumaric acid derivatives, flavan-3-ols, flavonols and dihydrochalcones.

7. The muscular strength enhancing agent or the body-fat regulating agent according to claim 5, wherein the oligomer-polymer polyphenol compound is selected from condensed tannins.
8. The muscular strength enhancing agent or the body-fat regulating agent according to any one of claims 1 to 7, wherein the muscle is skeletal muscle.
9. The muscular strength enhancing agent or the body-fat regulating agent according to any one of claims 3 to 7, wherein the body fat is visceral fat.
10. The muscular strength enhancing agent or the body-fat regulating agent according to any one of claims 3 to 7, wherein the body fat is subcutaneous fat.
11. A food or a beverage comprising the muscular strength enhancing agent or the body-fat regulating agent according to any one of claims 1 to 10.
12. A pharmaceutical which contains the muscular strength enhancing agent or the body-fat regulating agent according to any one of claims 1 to 10.
13. Use of a polyphenol derived from fruits for producing a muscular strength enhancing agent.

14. Use of a polyphenol derived from an apple for producing a body-fat regulating agent.